

ANIBI, "Inner Child" Cards

The most wonderful person you will ever meet is the child you used to be

The Journey home, into ourselves, begins with the renewed meeting of the inner child who exists within each of us. The Anibi Cards kit offers another magic way which leads us along the paths of our childhood memories in order to enable a healing meeting with the child within us and our child.

The cards are intended for each of us who wishes to enrich his or her relationship with the child within and his or her child, and also for professionals in the area of teaching and education.

The pack includes 192 cards and creative suggestions for exertion.

Another friend from the world of cards by Itzik, creator of Spectra cards, Anibi, Duet, Yes/No and Angel, and Merlin

ANIBI, In a Shared Creation with Children Around the World Suggestions for Exertion:

1. The picture Album of the child within me (that's my childhood)

- Choose visibly several pictures and words which arise in you memories from your childhood.
- Arrange the pictures and words in a way they will create a story.
- Give the story a name. Tell the story to yourself aloud.
- Look again at the cards and choose one word-card and one picture card which attract your attention at the moment.
- These cards reflect a thing or a necessity the child in the story needs most of all.
- What is the thing/necessity?
- Choose a new picture and a new word which express the satisfaction of that need.
- Examine yourself as to whether the story you told touches your personal adult life and how you can satisfy the needs of the child within you and your own needs.

2. The Picture Album of my child

Suggest that your child creates his picture album according to the former instructions.

3. Processes 1 and 2 can be done with turned cards (concealed).

4. A message about the experience of the child within you in the different domains of you adult life, like marriage, career etc.

- Shuffle the picture cards, draw a card with your non-dominant hand.
- Repeat the process with the word cards. Turn the cards over. Look at the picture. Let thoughts, feelings and emotions to arise in you. Give the picture a title.
- Look at the word card. Notice what the word evokes in you. Create a connection between the word and the picture. What does the integration between them evoke in you, how does it reflect the child within you in the life domain of your adult life? Examine what he needs of you most of all. In the next step – draw from the packs two visible cards which represent this need. Ask yourself how you can satisfy this need.
- **Remember, today – the adult within you can offer the child within you a loving communication and support which in the past he may not have received.**

5. My child

- Consider a situation in your connection with your child. Choose visibly a word card and a picture which reflect the connection.
- Try to see what he feels and experiences in his situation.
- Choose several pictures and several words which represent alternatives, different directions of communication and behaviors. (You could do the process by yourself, with your partner and with your child).

6. A story created (for group) ,

- Choose an imaginary child. Give him a name. Pass the pack of cards among the members of the group.
- Each member in his or her turn draws one concealed card, and tells from the card what is happening at the moment to the child. The next member goes on with the same story. Let the story develop to a certain climax. Then the group will discuss (as a whole or by division into sub-groups) how the story that each of them has told touches the child within him or her.
- The group instructor may add situation like: a meeting with an animal, with a magician, a mother, a father, with whom the hero will have to struggle throughout the story.

Open Questions

You may be helped by questions in every action or work with the cards

- What does the child feel?
- What does the child think?
- What does the child want to express?
- What would the child want to hear and from whom?
- What doesn't the child dare to do?
- What does the child need?

Suggestions for spreading out

Suggestion no. 1: The cycle of strengths

- Choose some topic in your life (love, career etc.)
- Let the child within you to choose a picture with the non-dominant hand from the visible picture cards.
- Choose invisibly 8 word cards, each one suggesting a way and a way of expression. Turn over one of the word cards and see the connection between it and the picture and what is the way of expression the card suggests for the topic you chose. Do the same with every card in its turn, and examine the different ways each word suggests. In the end choose one pair which seems to you like a way to grow and heal for the child within you.

Suggestion no. 2: Conflict and Mediation

Suggestion no. 3: Similar, Different, and Uniting

Suggestion no. 4: Visible and concealed